

Summer Timetable

Monday 16 April to Sunday 22 July 2018



Classes run all year round and the timetable is generally the same during the holidays. This term is 14 weeks long.

New to BoCo? Try 2 Taster Classes for £20.

General classes:

① Yoga Classes Pilates Classes Well-being classes

Class Level Key: 1 = Beginner 2 = Intermediate 3 = Advanced G = Gentle A = Active P = Pregnancy

| Day | Time | Min | Class | Level | Teacher | Class level and approach |
|-------------------|--------------|--------|-------------------|----------------|-----------|--|
| Mon | 0915 | 75 min | Enjoying Yoga | 1/2 – A | Maya | Develop a deeper practice |
| | 1035 | 75 min | Starting Yoga | 1 – G | Maya | Learn & practice the basics |
| | 1800 | 55 min | Enjoying Pilates | 1/2 – G | Lena | Learn & practice the basics |
| | 1900 | 55 min | Pregnancy Pilates | P | Lena | Helps maintain your strength & posture & assist your labour |
| Tues | 2005 | 85 min | Enjoying Yoga | 1/2 – A | Gaia | Learn & practice the basics |
| | 0930 | 75 min | Enjoying Yoga | 1/2 – A | Karin | Develop a deeper practice |
| | 1745 | 60 min | Starting Yoga | 1/2 – G | Sue | Learn & practice the basics |
| | 1900 | 55 min | Pregnancy Pilates | P | Aga | Helps maintain your strength & posture & assist your labour |
| * Claygate | 2000 | 55 min | Enjoying Pilates | 1/2 - A | Aga | Develop the basis of good posture and core strength |
| | 1900 | 60 min | Core Strength | 1/2 - A | Maya | NB: Class is held in Claygate. See directions overleaf |
| | Wed | 0915 | 75 min | Gentle Yoga | 1/2 - G | Karin |
| Wed | 1205 | 55 min | Enjoying Pilates | 1/2 - G | Sally | Develop the basis of good posture. |
| | 1900 | 70 min | Pregnancy Yoga | P | Holly | Helps maintain your strength & posture & assist your labour |
| | 2015 | 75 min | Enjoying Yoga | 1/2 – A | Holly | A dynamic flow class: learn & practice the basics. |
| | Thurs | 0615 | 60 min | Slow Flow Yoga | 1/2 - G | Maya |
| Thurs | 0930 | 55 min | Starting Pilates | 1/2 - A | Aga | Learn the basics and practise the next steps |
| | 1300 | 45 min | Enjoying Pilates | 1/2 - A | Aga | An energetic class, working on strength and flexibility |
| | 1400 | 60 min | Calming the Mind | All | Jo | Gloriously relaxing - perfect class for de-stressing heads! |
| | 1745 | 60 min | Starting Yoga | 1/2 – A | Jo | A flowing re-energising class |
| | 1900 | 55 min | Pregnancy Pilates | P | Lena | Helps maintain your strength & posture & assist your labour |
| | 2000 | 55 min | Gentle Pilates | 1/2 - G | Lena | Develop the basis of good posture |
| Fri | 0730 | 60 min | Enjoying Yoga | 1/2 – A | Sue | An energetic class, working on strength, flexibility & breath |
| | 0915 | 75 min | Enjoying Yoga | 1/2 – A | Maya | Consolidate the basics plus the next steps |
| | 1915 | 60 min | Enjoying Yoga | 1/2 - G | Gaia | Perfect end to the week. Chill whatever your level |
| Sat | 0800 | 60 min | Enjoying Yoga | 1/2 - G | Maya | Start the weekend early with a yoga 'fix' |
| | 0910 | 60 min | Pregnancy Yoga | P | Jo | Helps maintain your strength & posture & assist your labour |
| | 1015 | 70 min | Gentle Yoga | 1/2 - G | Jo | A gentle class with variations. Suitable for recovery from injury |
| | 1145 | 75 min | Pregnancy Yoga | P | Jo | A 3rd class in the week to meet demand |
| Sun | 0930 | 90 min | Enjoying Yoga | 1/2 – A | Gaia/Maya | Develop a deeper practice: (75 min if Workshops are running) |
| | 1815 | 60 min | Yoga Nidra | All | Maya | July 8th & 22nd (usually 1st & 3rd Sunday of the month) Restorative, refreshing & restful |

Explore and enjoy the rich variety of classes that BoCo offers - see website for more details & info on teachers and benefits

Post Natal Courses

Suitable when baby is 6 weeks old+. Choose from Yoga or Pilates - Courses are generally over 6 weeks and there may be a break for school half term. Each session is 55 minutes and if you miss a session you can make up on another day when there is space on a concurrent course or by attending a general class (without baby). Discount for 2 courses - full details on the website.

Non-members can do first course. To continue it is £30 for Post-natal membership.

| Baby can come and watch! | | | | Baby joins in 😊 | | | |
|---|---------|-----|------------------------|---|------|-------|-------------------------|
| Wednesday @ 1100 | Pilates | Aga | Next course: July -tbc | Mondays @ 1230 | Yoga | Holly | Next course: Aug - tbc |
| Thursdays @ 1035 | Pilates | Aga | Next course: Aug -tbc | Tuesdays @ 1100 | Yoga | Jo | Next courses: July -tbc |
| Please contact us if you would like to attend a course as a group or with a request for a different time. NB: To make up missed sessions - see over. | | | | Thursdays @ 1145 | Yoga | Jo | Next course: July - tbc |
| | | | | Yoga for Mum - Play area for babies who are rolling and crawling | | | |
| | | | | Mondays @ 1340 | Yoga | Holly | Next courses: tbc |

For more information or to book email us on: bookings@boco-uk.com

More details overleaf /...

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New to BoCo? Try 2 Taster Classes for £20

Choose any two classes from the timetable. Beginner/Intermediate levels and the pace of the class are shown. You'll find the teachers and class times to suit you.

Membership

We are a membership organisation and there is a one-off membership fee of £60. We offer a 25% discount if you join immediately after your first or second class (£45). There is a 50% discount for Pre and Post-Natal membership or if you want to join for a limited period of 6 months (£30). For under 25s, over 60s and additional family members there is a 66% discount (£20).

Our privacy notice can be seen on www.boco-uk.com/privacynotice.html

Book a Class

Please book ahead to ensure your place. Classes are usually limited to 12 people. 14 is the maximum. Email us on bookings@boco-uk.com to book your first class, or call 0208 399 3930 before 1 pm or after 6.30 pm.

T1 Members can choose to book one set class for the term, or book their classes week by week. If you miss your set class, you can attend any other class instead during that term. It is just £10 to come to an extra class in a week if you find you have some extra time for yourself.

Limited Monthly and Annual members can book up to 2 set classes a week and book weekly for other classes.

Unlimited Monthly members can book up to 5 set classes a week and book weekly for other classes.

Cancellation Charge

For Pay-as-you Go members the full fee is payable for no show or same-day cancellation.

For Pre-paid members you can switch to another class with no charge with 24+ hours notice otherwise the class is deemed as used.

Missed PN sessions

With numbers restricted to 8 for the post-natal sessions, our margins are tight so there are a few restrictions on making up sessions that you are not able to attend. You can make up the sessions by attending any appropriate general class on the timetable in the current term or, if there is space, in another parallel PN course. Please email us if you are unable to do this and would like to request for missed sessions to be rolled over to the next series or term - prior agreement is required for this.

DTE: Down to Earth – Hypnobirthing

We now run weekend workshops or jointly with pre-natal Yoga. Please contact us for the next date.

Tuesday Class in Claygate

Core Strength class on MOST Tuesday evenings are held at the Parish Rooms, Holy Name Church, 42 Arbrook Lane, Claygate, Esher KT10 9EE. For directions see website. Classes do not run at half term or in the Easter and Christmas holidays.

Sunday classes

Occasionally Sunday classes may run for 75 minutes rather than 90 minutes.

Yoga Nidra

A guided meditation that is designed to promote a profound release of the tension that can accumulate – whether it be in the physical, mental &/or emotional layers. Yoga Nidra also helps to re-establish a sleeping pattern that is more efficient so that you awaken feeling refreshed and reinvigorated. These are now included in the rates for monthly and annual members. Usually first & third Sunday each month, at 6.15pm – please ensure you pre-book.

Parking

Large car parks are nearby. There is also metered street parking which is free after 6.30pm. Restrictions in permit zones also lift after 6.30pm. See our website for more details.

Please note: We reserve the right to amend this timetable at any point. Depending on circumstances, times and/or teachers may be subject to change. If you are booked in for the class, we will do our best to notify you of any changes in advance.